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HALF-POUNDER FOR THE GRILL
BURGER TOPPED WITH CHEESE, ONIONS {page 10}

VICTORY
JOLIE PREVAILS IN LEGAL BATTLE
METRO DISH {page 8}

CALGARY metro®
Tuesday, July 27, 2010
www.metronews.ca

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Charges elevated in toddler's death

Province will conduct its own investigation, make findings public, says children and youth services minister
There are 2,800 provincially accredited day homes

Charges against a Medicine Hat, Alta., woman accused in the death of an 18-month-old girl at a licensed day home have been upgraded to manslaughter.

The 24-year-old woman was originally charged with aggravated assault and failing to provide the necessities of life.

"The accused is currently in police custody and is to have a bail hearing at the Medicine Hat provincial court," Staff Sgt. Brent Secondiak of the Medicine Hat Police Service said yesterday.

"I cannot release the name of the accused until an information (document) has been sworn to at provincial court."

Last Wednesday, the toddler died in a Calgary hospital after being airlifted there with severe head injuries.

Police say the woman had been taking care of the girl at a private home and there may have been other children in the day home at the time.

Yvonne Fritz, the province's children and youth services minister, has said the facility is licensed by the provincial government.

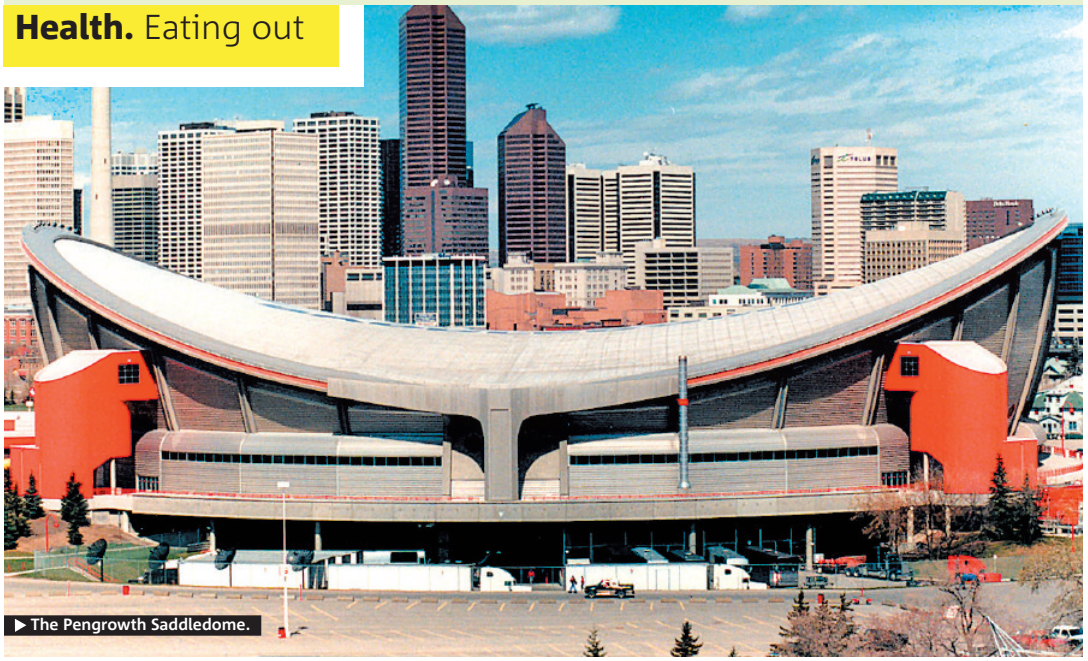
Fritz said the home is a satellite of the Children's Corner day home agency in Medicine Hat, which has had a contract with the family services authority for 16 years.

Secondiak said the police investigation into the child's death is far from complete.

"There is still a lot of evidence to go through, search warrants to be done," he said. "The investigation is going to take months."

THE CANADIAN PRESS

Health. Eating out



▶ The Pengrowth Saddledome.

BORIS SPREMO/TORSTAR NEWS SERVICE

Saddledome scores low on food safety

An investigation into food safety at North American stadiums has ranked the Saddledome the second-worst offender in Canada. Fourteen per cent of the facility's vendors were listed with critical violations in 2009.
More coverage, page 13

Afghanistan

Canada named in WikiLeaks

U.S. allegedly asked Canada to diplomatically pressure Saudi Arabia and South Africa, according to leaked documents {page 4}

His Left Foot

Big Boi releases solo project after delay {page 6}

Security threat?

BlackBerry raises concern in United Arab Emirates {page 4}

Letting it all sweat out

Yoga gets hot, but be sure to take it cool {page 9}

Have your fun with Metro Play

Crossword, horoscopes and more {page 14}

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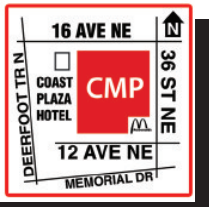

CORNER OF 16TH AVE & 36 ST. N.E. MONDAY - THURSDAY 8AM-9PM FRIDAY 8AM-6PM SATURDAY 9AM-6PM

AMVIC LICENSED

KRISTA SYLVESTER/METRO CALGARY

▶ A public hearing was held yesterday to determine if a land-use re-designation would be awarded, paving the way for a halfway house to be located at this Manchester industrial area building.

Council OK's relocation of halfway house

Ward 11 Alderman Brian Pincott followed constituents' wishes and voted against rezoning

KRISTA. SYLVESTER
@METRONEWS.CA

It was an all day debate but council approved the controversial relocation of a halfway house to an industrial area in Manchester.

Dozens of residents from nearby community of Parkhill filled council chamber yesterday for the heated discussion to voice their concerns on a land-use re-designation, but council allowed the John Howard Society halfway house to move from near the Stampede grounds to 4444 Builders Ave. SE, located near the 39th Ave LRT station. "This isn't a case of 'not in my backyard' at all," Parkhill resident Janet Pearce said. She pointed out there was already the Calgary Dream Centre homeless shelter nearby, among other facilities.

"This is about over-concentration of these types of places in our community and we believe they should be more spread around the city, and they aren't."

A University of Calgary sociologist and a police inspector agreed that parolees are less likely to commit crimes than members of the general public.

Ald. Bob Hawkesworth said he believes council made the right decision.

"This city would be more unsafe if they were not able to relocate and expand," he said.

Parolees

▶ The John Howard Society will house 32 pre-screened parolees, up from the current 22-bed capacity of the current Bedford House in the Beltline.

LETHBRIDGE FIGHTER CRASH

Ejector seat is pilot's new best friend

The Canadian Forces' pilot who ejected from a CF-18 jet on Friday in Lethbridge suffered back injuries but is expected to eventually resume flying.

Capt. Brian Bews' parachute barely had time to deploy before the aircraft exploded in flames.

Bews credits the Martin Baker ejection seat used in CF-18s with saving his life.

"I feel extremely lucky considering the magnitude of the accident; Martin Baker is my new best friend!" Bews said in a statement yesterday.

Capt. Holly Brown, a military spokeswoman, says Bews suffered fractures to three vertebrae and will be wearing a back brace for a few months.

THE CANADIAN PRESS

Workers needed for election

Around 3,000 people will be hired by the City of Calgary to work the upcoming civic election according to a release. The Oct. 18 vote will see Calgarians voting for mayor, aldermen, and school trustees at 163 voting stations around the city. For more information on how to become a deputy returning officer call 403-476-4100.

METRO CALGARY

Small biz survey says 'happy'

Paul Munro, 31, is just another happy small business owner in Calgary.

Calgary was named the happiest city for small business owners in Canada, according to the North American TD Small Business Happiness Index; 30 per cent of owners here surveyed described themselves as "very happy." Munro said he, too, is "very happy" running his pet store, Pawsitively Natural, in Mission.

"I love it," he said. "It's a great feeling to say, 'This is what I built and it's successful.'" 97% of those surveyed said owning a small business gives them a sense of pride and accomplishment.

62 The percentage of Canadian small business owners who would describe themselves as "very happy."

Owners said that being their own boss, creating their own schedule, and making their own decisions were benefits, stated the release. BRETTE EHALT

Plate deal for service members

Current members of the Armed Forces will be eligible for veterans' license plates beginning Aug. 16. Those with three years' service can receive the plate at no extra cost with their registration. METRO CALGARY

2 arrested in break-in attempt

RCMP arrested a man and woman in Airdrie after an attempt to break into a vehicle. RCMP is asking anyone who might have had items stolen to contact them at 403-945-7200.

METRO CALGARY

1 news

On the web at metronews.ca

Canadian journal blasts energy drinks as "drugs delivered as tasty syrups." Video at metronews.ca/canada

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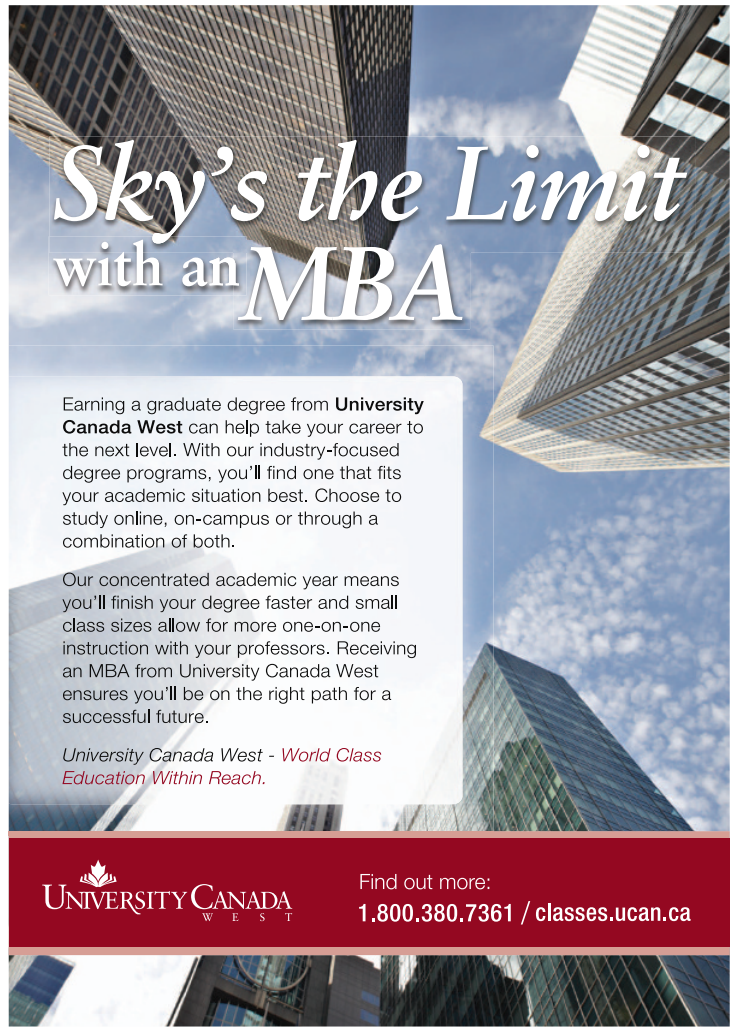
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Canada gets tough on Iranian sanctions

Iran announced last month it had produced 20 kilograms of enriched uranium

Foreign Affairs Minister Lawrence Cannon says Canada will impose tougher sanctions on Iran as part of an international campaign against that country's nuclear ambitions.

He says the measures aren't intended to punish the people of Iran but to send a message to "the aggressive and irresponsible government in Iran."

The new sanctions will include a ban on any new Canadian investment in Iran's oil and gas sector or government securities and restrictions on exporting goods that could be used in nuclear programs.

The West accuses Iran of seeking to develop nuclear weapons, but Tehran says its nuclear program is only for peaceful electricity production.

Iranian banks will also be barred from opening branches in Canada and Canadian banks will not be able to set up operations in Iran.

The European Union has announced a new round of sanctions to curb oil investment and cut exports of "dual-use" goods that could be employed by the nuclear industry.

Cannon says Tehran has flouted UN efforts to rein in its nuclear program.

"The acts of Iran and the aggressive talk are an affront to Canada's standards and its desire to maintain nuclear safety."

He rejected Iran's claims about peaceful power production.

"The actions of Iran are bringing it closer and closer to producing nuclear weapons which pose a threat," he said.

THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS/

▶Minister of Foreign Affairs Lawrence Cannon held a press conference in Ottawa yesterday. Cannon says Canada will impose tougher sanctions on Iran as part of an international campaign against that country's nuclear ambitions.

Sentence for soldier to be determined

The former top Canadian commander in Kandahar says a military court has no choice but to kick out of the Canadian Forces a soldier found guilty of shooting a wounded and unarmed Afghan insurgent.

A military court is holding a sentencing hearing to determine a penalty for Capt. Robert Semrau.

Brig.-Gen. Denis Thompson says that Semrau's actions were "such a blow" to the credibility of the Canadian Forces that there is "no other option" but to boot him from the military.

One week ago, a court martial panel found Semrau guilty of disgraceful conduct for shooting an Afghan fighter in Afghanistan in October 2008.

It acquitted him of second-degree murder.

Semrau could serve up to five years in jail or be dismissed from the military. THE CANADIAN PRESS

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SEAN KILPATRICK/THE CANADIAN PRESS/

▶ Capt. Robert Semrau arrives at court with his wife Amelie Lapierre-Semrau for the start of sentencing arguments in Gatineau, Que., yesterday.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+31.86 (11,746.07)	+.34¢ (96.86¢ US)

Oil	Natural gas
Unchanged ($78.98 US)	1,000 cu ft $4.612 (+3.2¢)

Gold contracts $1,183.10 (+$4.70)

Did U.S. ask Canada to pressure Saudi?

The United States asked Canada to put diplomatic pressure on Saudi Arabia and South Africa over Taliban fundraising activity apparently taking place in the two countries.

The revelation is contained in nearly 9,200 pages of classified American documents released by online whistleblower Wikileaks.

It's long been known the Taliban have relied on Saudi charities to bankroll their weapons purchases, but the revelation about South Africa is stunning.

THE CANADIAN PRESS

Forest fire burns near oilsands

A 330-square kilometre forest fire is burning about 13 kms northeast of Suncor Energy's Fire Bag project in Alberta.

A wildfire information officer says the flames are burning away from the site. THE CANADIAN PRESS

THE ASSOCIATED PRESS FILE PHOTO

▶ Arab authorities say the device was launched before legislation was introduced in 2007.

Mideast questions RIM's data transfer

United Arab Emirates authorities say the BlackBerry operates outside national laws.

The country's telecommunications watchdog has noted data services are managed by Research In Motion outside local control and it wants that to change.

The UAE is among countries that censor websites and other forms of media.

"It's a control issue," PC Magazine analyst Sascha Segan said yesterday.

RIM has dealt with China and India on the issue. THE CANADIAN PRESS

STRANGERS ON A TRAIN: TICKET TO FLIRT

She says ...

JESSICA NAPIER

Even though I'm in a happy, committed relationship, I have to admit that lately I've been spending a lot of time pressed up against other men ... and women.

Like many urbanites, I spend more than an hour every day crowded inside packed trains and buses, dutifully riding to work with my fellow commuters. In fact, as you read these very words I'm probably desperately clutching onto a subway pole nearby, carefully balancing on my not-so-sensible heels.

While I might start every journey with a small sense of pride (I'm eco-friendly and saving money on car insurance!), I inevitably emerge from the underground a sweatier, crankier version of myself. It's uncomfortable, overcapacity and there is always some guy standing beside me with his iPod turned up far too loud.

Public transit is certainly not sexy. But for some people — and these are probably the same folks who think the gym is an appropriate pick-up locale — the daily commute is prime time for serious flirting.

I'll admit, there are some attractive people riding transit. But when a brutal combination of signal delays and construction holdups have left me standing on a platform for 20 minutes, I am in no mood to strike up a conversation.

"I can see the potential for romance happening every day in the stolen glances across the aisle and the hands brushing against one another as they clasp at the same subway pole."

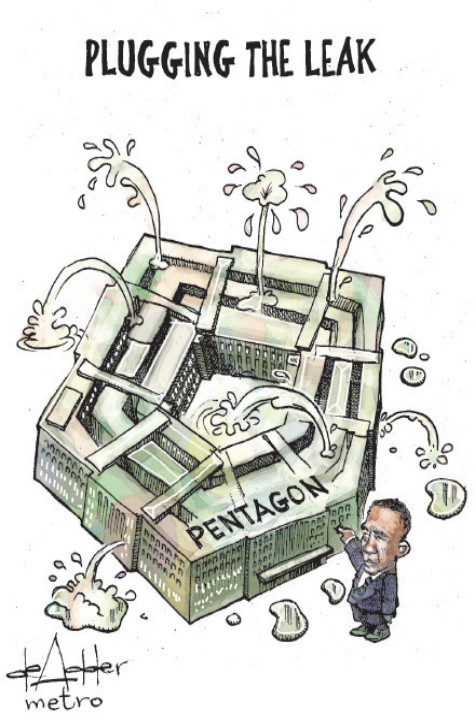
Yet, I can see the potential for romance happening every day in the stolen glances across the aisle and the hands brushing against one another as they clasp at the same subway pole. Just spend five minutes on Craigslist browsing the "missed connections" page and you will find plenty of commuters hoping to reunite with a rush-hour run-in.

The more time I spend on public transportation, the more I wonder how many real relationships blossom out of these fleeting encounters. I assume that for every successful hookup there are about 100 awkward and embarrassing rejections. Sometimes it's hard to know when your subtle eye contact has turned into creepy leering. Here's a hint fellow riders: Glancing up from your book is coy; undressing someone with your eyes is inappropriate.

So good luck to all you single travellers, but remember to practise picking up with caution. In the words of 30 Rock's Liz Lemon, you can do some serious flirting on the subway before you realize the guy is homeless.

Cartoon

MICHAEL DE ADDER



Highest form of flattery

Letters & Tweets

Re: Ned Ehrbar's story for Dinner for Schmucks (July 23-25)

TORONTO. We read the story, but nowhere did we find a reference to the original movie (Le dîner de cons) or to its screenplay author Francis Veber. It saddens us that there were no references to the original idea.

Veber should have received his credit. Even its title is a direct translation of the original title.

TANIA YUDITSKAYA AND EUGENE ZHILINSKY

We asked: What book would you like to see made into a movie?

TORONTO. The Regiment (1955) by Farley Mowat, Ortona by Mark Zuehlke, and the classic crime novel Red Harvest (1929) by Dashiell Hammett.

LARRY ROBERTS

TORONTO. I would suggest that the huge amount of paper you waste in printing celebrity gossip every day could be put to better use. I certainly have not been living in a cave, but I have never heard of any of these people.

The dumbing down of journalism in recent years is quite alarming and actually quite insulting.

Why don't you break free of the braying herd and work to correct it?

FRANK MACKAY

Is imitation on the menu?

TORSTAR NEWS SERVICE FILE

What would you rather have more of, time or money?

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Metro Minute at Calgary courthouse

Need a break, but don't want Starbucks? Go to the Calgary Courts Centre and get a different kind of pick-me-up.

Hop on one of 12 courthouse elevators and rise 24 storeys at four metres per second, according to Kevin Riedel with OTIS.

Come back down in only 32.5 seconds.

With glass on three sides, you can take in the elevator's mechanics and, when you reach the top, a great view of downtown.

Since this is a courthouse, you and your handbag, jacket, and belt will be screened upon entry into 601–5 St. SW.

Cameras and recording devices are a no-no — don't bring them!

METRO CALGARY

METRO CALGARY

▶ Ride the elevators at the Calgary Courts Centre.

2 scene

Feels so fresh and so Lucious

After being told his album was too artsy, Big Boi took it to another label and gained much success ◐ Rapper tapped into his Jedi music-making skills

TINA CHADHA
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Big Boi answers the phone with an "'El-low mon," horsing around in a fake island accent. The time seems right for fun and games, since the rapper, half of mega hip-hop group Outkast, finally released his delayed solo project Sir Lucious Left Foot: The Son of Chico Dusty.

The release comes after an extended period of drama with his former record label. Jive held the album for nearly three years, saying it was too artsy to put out. So Big Boi went to Def Jam. A creative mix of funk, soul, electro and retro sounds — like nothing you've ever heard, and everything you want to dance to — Sir Lucious debuted at No. 3 on the Billboard charts and is receiving tremendous critical acclaim. Hell, notoriously biting Pitchfork even gave the album a 9.2.

So is it time to walk around the Jive offices with an I-told-you-so smirk? "I think the world is telling them," says Big Boi. "You have to leave the music-making to the professionals."

Even when Jive shelved the project, the Atlanta native says he never considered tweaking his work: "I'd rather not do music if I had to conform to today's standards. I know what I wanted it to sound like. And I'm definitely not a quitter."

▶ Big Boi is hard at work on the next Outkast album, and his next solo project, Daddy Fat Sax: Soul Funk Crusader.

In brief

Barack Obama is scheduled to appear on the Thursday edition of ABC's The View. This will be the first time a sitting U.S. president visits a daytime talk show.
THE ASSOCIATED PRESS

DVD releases

Buy it ●●●●●
Rent it ●●●●
Borrow it ●●●
Yawn ●●|Don't bother ●

Clash of The Titans
Genre: Action
Director: Louis Leterrier
Stars: Sam Worthington, Liam Neeson
●●●

People watching this unintentionally hilarious remake of the 1981 adventure epic will be tempted to groan "Argh-oohs!" at regular intervals, as fans of a football team are wont to do whenever their heroes disappoint them.

You don't need any further enticement to moan or snicker than what's already on offer from Clash of the Titans, directed by Louis Leterrier (The Incredible Hulk). It's definitely in the so-bad-it's-good category of blockbusters.

Avatar's Sam Worthington plays a half-man, half-god hero named Perseus, who is leading a human grudge match against the gods of Mt. Olympus: disco-dressed Zeus (Liam Neeson) and his bilious brother Hades (Ralph Fiennes).

It's one supremely silly movie, but it's also a Razzies-ready hoot, especially when the gods get really mad at the rebellious humans and Zeus yells, "Release the Kraken!"

Extras include deleted scenes, alternate ending, production info and "Maximum Movie Mode" with Neeson, Fiennes, Worthington and Leterrier. ● PETER HOWELL

Scan code for a story on old rockers made new (for instructions, see page 3)

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

Every time Neil Young plays Winnipeg — he's playing there tonight — it's a big deal. While the legendary artist was born in Toronto and lived in Omemee, Ont., as kid, it was in the 'Peg where he spent his teenage years.

YOUNG FOREVER CANADIAN

The city's residents love to claim Young as their own, and you can't blame them — he played Winnipeg's clubs, started his first band The Squires here, was friends with Randy Bachman — but is he really a Winnipeg artist? Or even a Canadian one for that matter?

Young might play north of the 49th sometimes but he has never recorded an album in Canada and his producers are almost all American. (He is working with Daniel Lanois on a new disc.) He's been living down south for 44 years, pays American taxes and his wife and kids are all born in the U.S.

However, in a 2005 Time Magazine interview he said: "If I ever had to give up my Canadian citizenship to become American I wouldn't do it … I love Canada. As I get older, more and more I start singing about Canada."

So, as long as he's a Canadian citizen, he'll stay Canadian in my books. But I wouldn't call him "Winnipeg's own". He's lived in various cities across the country and really, he belongs to everyone here.

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3490 Kingsway

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2140 Sumas Way

Aldergrove
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Lougheed Mall
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45905 Yale Rd.
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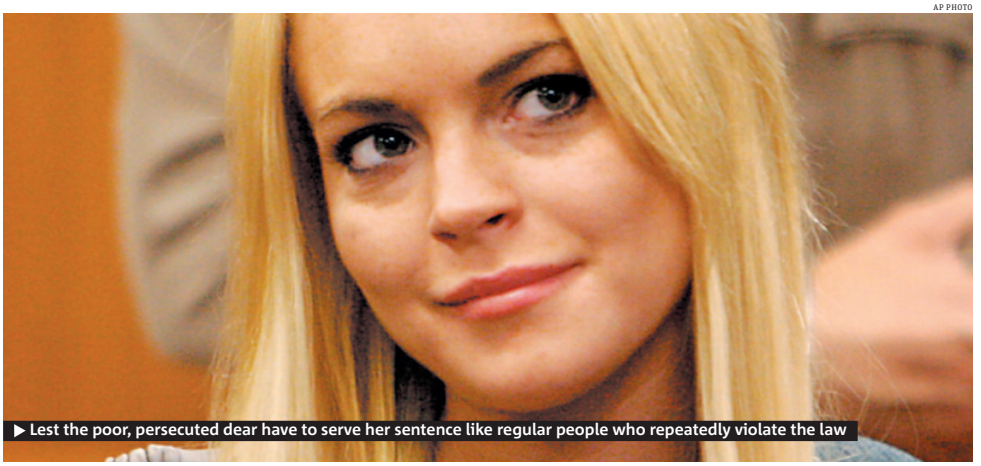

▶ Lest the poor, persecuted dear have to serve her sentence like regular people who repeatedly violate the law

Lindsay's ex a mainstay in visitor's dock

Samantha Ronson has been wearing out her weekly pass to visit incarcerated ex-galpal ◐ Other frequent guests include her mom, lawyer

Lindsay Lohan has been using up her weekly visitors quota quickly while at the Lynwood, Calif., detention center where she's serving out her sentence. So far, she's getting face time with mom Dina Lohan, lawyer Shawn Chapman Holley and, most notably, ex-girlfriend Samantha Ronson, according to People magazine. Despite a falling out earlier this year, Ronson has been supportive of Lohan during her legal battle, prompting rumours of a rekindled romance. As she left the detention centre, Ronson snapped at a reporter asking her how Lohan was doing, saying, "How do you think she's doing?".

People.com also reports the other prison inmates are "completely sick" of the preferential treatment Lohan is getting, including special food and clothing privileges.

METRO WORLD NEWS

Two boring, pretty people get married

NEXT! After just one month of engagement, Victoria's Secret model Miranda Kerr and Pirates of the Caribbean star Orlando Bloom tied the knot in a private ceremony, according to People magazine.

The wedding was so secret that Kerr even had something else planned for that day: an appearance at Australian department store David Jones, which she cancelled at the last minute.

"David Jones very graciously released me during this period so we could celebrate an intimate ceremony and honeymoon together," Kerr said in a statement.

No word on their honeymoon locale, but chances are bikinis will be involved. METRO WORLD NEWS

Quick hits

Your roundup of gossip-on-the-go.

1 Trading in for a new model Kate Winslet is reportedly getting over her divorce from Sam Mendes by spending time with Burberry model Louis Dowler, according to News of the World.

2 And this is surprising to ... anyone? Bueller? Anyone? In addition to recent allegations of assault against ex-fiancée Kate Major, Michael Lohan is allegedly looking to sell naked photos of the former Star reporter, according to Page Six. One of the photos allegedly shows Major topless and passed out in bed with her engagement ring still on her finger.

METRO WORLD NEWS

GETTY IMAGES

▶ The band ran off like this poop was on fire

KOL no match for pooping pigeons

Musicians have performed through violent storms and scorching temperatures at an outdoor arena in suburban St. Louis.

But an infestation of pigeons that bombarded the Kings of Leon with droppings at the Verizon Wireless Amphitheatre managed to force an early end to the rock band's concert Friday night.

A statement from the band's management company, Vector Management, says bassist Jared Followill was hit several times, including near his mouth, and that the onslaught of feces was a potential health hazard. The crowd grew restless after the band walked off, and an announcement told them that the show was over. Concert promoter Live Nation says fans will get a full refund. THE ASSOCIATED PRESS

3 The number of times Kings of Leon bassist Jared Followill was hit by flying pigeon poop before he ran offstage.

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Celebrity tweets

David Spade [@David-Spade] did paris hilton get caught w pot again? i think thats lost its shock value. its like hearing she ran a stop sign

Tila Tequila [@Tila-OMG MAYBE WHAT LINDSAY NEEDS IS A PEN-PAL???

John Mayer [@johnc-mayer] I've heard a lot of references to "capris" "manpris" and "clam diggers" but the correct terminology is "high-water pants"

METRO WORLD NEWS

News in brief

Tabloid feels the wrath of Brangelina

THE MORAL OF THE STORY IS: DON'T MESS WITH ANYONE WEALTHIER THAN YOU. Angelina Jolie and Brad Pitt have come out on top in their legal battle with the News of the World, according to E! News. The couple sued the newspaper after it reported last January that they had met with a Los Angeles divorce lawyer, prompting breakup rumours. "When the News of the World failed to publicly retract the allegations and apologize for them — thereby leaving their readers in the dark as to the true position — the couple felt they had no alternative than to sue," their attorney said in a statement. The undisclosed settlement will go to charity.

METRO WORLD NEWS

Sweating the hot stuff in the studio

Bikram or 'Hot' Yoga is one of the hippest and sweatiest workouts out there Metro speaks to an instructor to understand the benefits and drawbacks of letting it all out

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

▶ In the heat of the workout. Bikram Yoga class in a hot and sweaty London studio.

The Basis Of Bikram

The postures combine balance and resistance. Bikram goes beyond flexibility, requiring coordination, focus and stamina through the core. The body builds up strength around flexibility, and not the other way around. Like all other physical exercise, the benefits gained from Bikram Yoga will be heightened for those living a healthy balanced life in parallel.

Why the heat?

The Physical

Bikram Yoga is a selected series of 26 hatha yoga postures carried out in a heated room of up to 40 C. Designed by Yogi Bikram Choudhury, the motive was to trigger sweating, ultimately the body's most natural and effective way of ridding itself of toxins and impurities. Sweating is a natural part of exercise, cooling you down, and people should learn not to be put off by it. Although exercising at such high temperature is challenging, there are many advantages.

Oram, who teaches Bikram Yoga in London explains how both the heat and sweating cause the blood to thin, clearing the circulation system. Oram says: "40 degrees is a safe temperature to stretch and work out in as the muscles stretch more easily in the heat and the joints work better, allowing you to push deeper into the stretch."

Heat is a catalyst to sweating, making the body detoxify and cleanse the skin. "You will experience an all-round improvement, from how your body heals, to the circulation of blood around the body over to kidney function," he explains. The heat also removes some of the lactic acid build up we experience with exercise, reducing feelings of stiffness or pain.

"Remember, heat is a catalyst for everything," says Oram, "Warm muscles burn more calories and the postures will have you pushing your physical boundaries. Adding heat to the equation will improve the speed of heart and respiration rate, further improving metabolism." Being more in tune with your body as a whole also reduces the risk of injury.

The mental

Being active is very calming for the mind, promoting willpower and mental strength. The challenging nature of Bikram Yoga forces you to focus your mind and whatever your limits are, you are made to face and assess them. Letting your attention switch to your body and senses, from healing into feeling stretching and breathing will help you feel more balanced and calm. On the other hand, for those who are over active, Bikram is a healthy medium through which to channel excess energy. The end of each class is like the slate has been wiped clean again, promoting a feeling of lightness of mind.

Watch out for

The extreme heat in which Bikram Yoga is carried out can have drawbacks if you are not careful.

- **Make sure you eat breakfast:** Although it is recommended that you do not eat two hours before class, many people take this too far and skip meals altogether. The high temperatures are strenuous and not eating could cause dizzy spells and very rarely, feeling faint.
- **The heat enables you to push deeper into the stretch:** Making sure you don't push yourself to the point of damaging muscles or causing stress on your body is important.
- **90 minutes of Bikram Yoga makes people sweat profusely:** Make sure to drink plenty of water before, during and after the class to keep hydrated.

Breathe And Burn

Breathing is a key element across all forms of Yoga and getting it right can be tricky. In Bikram, breathing comes first in the form of pranayama. This particular breathing technique is aimed at improving the circulatory and respiratory system and opening up the chest and the lungs. Over time, the lungs elasticity is increased giving them a greater capacity and ability to take in deeper breaths.

3 life

News in brief

Elliptical trainers have been a long-time presence in gyms and fitness facilities and a go-to piece of equipment for those looking to get their cardio fix. But for individuals suffering from lower back problems, research suggests they may need to think twice before stamping their ticket to ride on the popular workout machines.

THE ASSOCIATED PRESS

Medical devices causing injuries for children

Liquid Assets

Wines inspired by real life

Since I love it when there's a chemistry between what's happening in the news and what I find in my glass, the fact that I tried the 2009 Big House White ($9.95 - $13.22) the same day Lindsay Lohan began her time as a guest of the California penal system wasn't lost on me.

Originally created by iconic California winemaker Randall Graham as part of his Bonny Doon family of wines; the Big House line (that also includes a red and pink version) was sold to another company a few years ago. Named for nearby Soledad State Prison in Monterey County, the white is an eclectic mob of grape varieties that includes chenin blanc, sauvignon blanc and viognier, to name a few.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

Griddled & grilled cheese burgers

New York chef offers up a basic burger topped with chipotle chilies, Monterey Jack cheese.

When crafting a great burger, check the weather.

So goes the advice of Adam Perry Lang, owner of New York's Daisy May's BBQ USA restaurant, a classic rib shack known for its pulled pork and beef ribs.

"Sometimes I love a burger that is rich in fat — 70-30 blend of protein to fat," he said in an email. "I like these on colder days when I need fat and heartiness. In the summertime, a leaner burger is appreciated. 90-10 can do the trick."

For the AP's 20 Burgers of Summer series, Perry Lang offered up a basic burger — nearly a half-pounder — topped with caramelized onions spiked with chipotle chilies and Monterey Jack cheese.

THE ASSOCIATED PRESS

Serves 6
Prep and cook time, start to finish: 30 min.

▶ Griddled and grilled Monterey Jack cheese burgers with spicy chipotle caramelized onions and cilantro.

Ingredients:

- 1.1 kg (2 1/2 pounds) ground beef (80 per cent lean)
- 60 ml (1/4 cup) cold water
- 7 ml (1 1/2 tsp) kosher salt, divided
- 7 ml (1 1/2 tsp) ground black pepper, divided
- 15 ml (1 Tbsp) canola oil
- 30 ml (2 Tbsp) unsalted butter or olive oil
- 6 small to medium sweet white onions, thinly sliced
- 30 ml (2 tbsp) pureed chipotle in adobo
- 60 ml (4 tbsp) thinly sliced scallions
- 30 ml (2 Tbsp) coarsely chopped fresh cilantro
- 30 ml (2 Tbsp) flat-leaf fresh parsley leaves
- 6 slices Monterey Jack cheese
- 6 hamburger buns

Preparation:

1. In a large bowl, mix together the beef and water. Shape into 6 patties, about 2.5 cm thick.
2. In a small bowl, mix together 5 ml (1 tsp) each of the salt and pepper. Use the blend to season the burgers, pressing it into the meat. Heat a grill to medium-high.
3. Set a griddle pan on the grill and add half of the butter or oil. When the pan is hot, add the onions, season with the remaining 2 ml (1/2 tsp) each of salt and pepper and saute until the onions soften and start to brown. Add the pureed chipotle, scallions and cilantro.
4. Push the onions to one side of the griddle. Heat the remaining butter or oil on the empty side and place the hamburgers on it. Cook for 2 minutes, then flip and cook for another 2 minutes.
5. Move the burgers to the grill and cook to desired doneness, flipping halfway through (2 minutes per side for medium-rare). Stir the parsley into the onions and spoon the onions onto the hamburgers. Lay a slice of cheese on top of each and continue cooking until it melts. Place a burger in each bun and serve.

THE ASSOCIATED PRESS

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Workplace Training is a Government funded program designed to assist unemployed Albertans in obtaining and maintaining permanent employment opportunities. The position runs to December 31, 2010 with the possibility of extension. **Please note:** A vehicle is required for this position.

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Smug Marrieds

KATE STEWART & BRET DAWSON

2FORCOUPLES.COM

DON'T BE A PASSENGER IN YOUR RELATIONSHIP

If your relationship is being driven into the ground by bad communication it's up to you to say so

Q: Smug Marrieds, I used to drive all the time, but now my hubby is always in the driver's seat and I'm the passenger. What's up with that?

Kate says...

Maybe you can explain this phenomenon to me. I have never understood it, and I've seen it happen again and again. Not always, but really, really often, women just let their husbands drive all the time when they are in the car together. It's not that they've forgotten how to drive — they still manage to get around quite handily when they are alone.

Drinking helps, I find. If he always drives, then surely he must always drive when you've been out to a dinner party, which means you get to drink all the wine. Typically, unless he is truly freakishly uptight about this, he realizes the sacrifice he's making and you naturally end up negotiating equal driving rights.

But then, not everyone drinks, so the question remains: Is it just that once comfortably coupled, men feel that they can let their naturally controlling instincts prevail behind the wheel? With Bret and me, I drive maybe 80 per cent of the time, which, from what I can tell, suits us both.

Bret says...

Darling, do you even need me to write this column?

Q: I just moved in with my girlfriend. We've been together for over a year and have never really fought. Now all of a sudden I find everything she does totally annoying (48 bucks on fashion magazines?!?). I think she feels the same way. Are we dust?

Bret says...

Yes. Yes, you are totally dust. As Kansas once said, "All we are is dust in the wind."

Okay, here's the deal. When Kate and I first moved in together, I thought it would be good to impress her with my command of the kitchen. Once, I had some really good chili where the secret ingredient was two squares of unsweetened chocolate.

So when it came time to show off my chops over the stove, I dreamed up a little concoction involving cocoa-infused brown rice. It tasted like 12 layers of ass. Kate did not like eating it. I did not like eating it either. She was too polite and I was too full of Grade 7 pride to just dump it in the garbage.

And I felt small and humbled inside. Are we, I asked myself, dust? Looking back, the answer is clear: Of course not.

Kate says...

Are you dust? Not if you do something about this fast. When Bret and I moved in together, I personally felt like killing him about five minutes into the whole deal. Bret and I communicated pretty much exclusively by snapping at each other and glaring for the first week we lived together. If you've been together for a full year and never once had a proper drag-'em-out, hold-no-prisoners yelling match, there is probably something you're not telling each other.

The luxury of being able to stew and and repress all those pent-up resentments is gone. Now you actually have to talk to each other.

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Beware little birds returning to nest

Don't let your kids' financial boomerang hit you in the back of the head

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Take a gander at this stat: from 2001 and 2006 the number of 25 to 29-year-olds who were either still living at home or had returned to the nest nearly tripled. And this was before the recession.

So many are returning home as young adults that Statistics Canada dubbed them the boomerang generation. The Stats Can wits say those who never left home at all, "failed to launch."

Gen Y'ers — born 1977-1986 — aren't necessarily more indolent than previous generations, (though some are!) rather they're being squeezed in a vice. According to Statistics Canada, employment income for 22 to 34–year-olds has decreased relatively regardless of education over the past two decades. At the same time the cost of living, especially education, has increased dramatically. It's a pretty simple recipe for disaster — less money chasing greater expenses.

Paying down education debt or saving for an asset like a car or a house are two reasons to head or stay home. But financial difficulties caused by heedless spending is something different. A few years ago one of my daughters wanted back in, but refused to discuss the reason, which I knew was largely caused by over spending. I made it a condition of her return that we would monitor her finances. Along with giving birth to her, this was among the most painful experiences of my life — but it worked. She is now a very financially responsible mom. No matter why your child comes back home be clear about why so you don't enable bad habits and make sure he or she contributes financially or you'll find your own disposable income suddenly shrinking.

▶ If your child moves home be careful of lending them money.

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PCF	1.0%
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Battle brewing over contract

MEL EVANS/THE ASSOCIATED PRESS

▶ Ilya Kovalchuk

The NHL Players' Association filed a grievance yesterday that disputes the league's rejection of Ilya Kovalchuk's $102-million US, 17-year contract with the New Jersey Devils.

An independent arbitrator will be named to settle the battle over a contract the NHL felt violated the spirit of the Collective Bargaining Agreement with the players. Kovalchuk cannot play until the case is resolved.

"Under the terms of the CBA, the NHLPA and Mr. Kovalchuk are entitled to an expedited resolution of this matter," the NHLPA said in a statement.

It added the union would have no further comment "until this matter has been resolved by an arbitrator."

NHL deputy commissioner Bill Daly, who called the longest deal in league history a "circumvention of the CBA" in rejecting the landmark contract last week, said they were ready to face the arbitrator.

"Although there is no defined timetable at this point, we intend to work with the players' association to ensure an expeditious resolution of this dispute," Daly said in a statement. "The league looks forward to the opportunity to establish its position before the arbitrator."

The league felt the Devils went too far in giving the 27-year-old Russian a contract that would pay $95 million over the first 10 years, but only $7 million over the final seven. That would reduce the cost against the salary cap to a relatively modest $6 million per year.

The final five years would pay only $550,000 per season. Questions were also raised over the duration. It would end when Kovalchuk is 44, well past retirement age for most players. THE CANADIAN PRESS

Saddledome food safety questioned

Second worst in Canada behind Rexall Place: ESPN Flames VP says problem cited was fixed

DILIP VISHWANAT/GETTY IMAGES

▶ A fan of the Chicago Blackhawks eats a hotdog at Wrigley Field last year. ESPN reported no food safety violations at the ballpark.

An investigation into food safety at sports venues across North America puts some Canadian eats in the penalty box but suggests chowing down while cheering is still pretty safe.

Rexall Place in Edmonton fared the worst in Canada, with a quarter of vendors listed for a critical violation, while all three Ontario facilities, including Toronto's Air Canada Centre, scored a clean bill of health.

Calgary's Pengrowth Saddledome came in just behind Rexall, with 14 per cent of vendors listed with critical violations.

The research, conducted for the ESPN television show Outside the Lines, looked at the most recent 2009 health department inspection reports for all 107 North American arenas and stadiums that were home to major sports teams.

"We should be concerned. These data are not good," said Rick Holley, a professor of food safety at the University of Manitoba.

The example given by ESPN includes utensils and equipment at the Saddledome not being cleaned and sanitized properly.

Mark Vaillant, vice-president of food and beverage for the Calgary Flames, said that problem was fixed immediately upon inspection.

He said he wasn't aware of a single time a food vendor was closed for violations at the arena.

"Our goal is obviously to ensure that — we have over a million-and-a-half fans come through this building every year — that they're safe."

THE CANADIAN PRESS

4 sports

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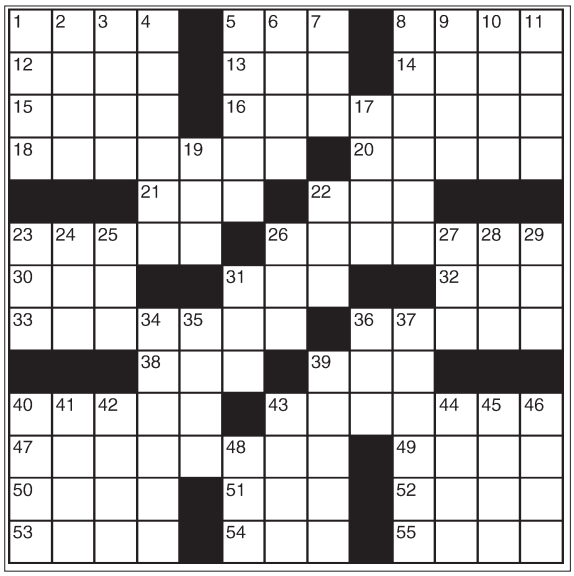

Across

1 "The Lion King" villain
5 Hurried
8 Piquancy
12 Earring location
13 Discoverer's cry
14 Draftee's rating
15 Astringent
16 Soccer prize
18 Escape
20 Supermarket section
21 Barbie's companion
22 Hot tub
23 Manhandled
26 Sweetheart
30 Past
31 "The Daily Show With — Stewart"
32 Newton fruit
33 Baker's need
36 Surpass
38 Lower limb
39 Relatives
40 Slander
43 Corridor
47 Zamfir's instrument
49 Relaxation
50 Line of rotation
51 — -jongg
52 Epider-mis
53 Roller coaster or Ferris wheel
54 Resort
55 The Red and the Black

Down

1 Refinery residue
2 Singer Natalie
3 Touch
4 New version of an old movie
5 Comic actor Atkinson
6 Sailor's call
7 Neither mate
8 Astrology signs
9 Contents of envs.
10 Pas — (dance solo)
11 Recording
17 Reindeer herder, maybe
19 Marry
22 Morning star
23 Calif.'s ocean
24 — Khan
25 Stir-fry vessel
26 Swindle
27 Sternward
28 Tease
29 Id counterpart
31 Binge
34 Pass by
35 Actress Gilpin
36 Rembrandt's medium
37 If not
39 Buckwheat porridge
40 Mast
41 Long skirt
42 Oklahoma city
43 Jalopy
44 Arouse
45 Largest continent
46 Longings
48 Afternoons, for short

▶ Yesterday's answer

I	C	E	D	■	M	A	G	■	R	A	T	A
D	A	M	E	■	I	N	N	■	O	N	E	S
E	R	I	C	■	S	N	A	P	B	A	C	K
A	T	T	A	C	H	■	W	O	R	T	H	S
■	■	■	M	U	M	S	■	D	O	H	■	■
J	U	M	P	B	A	I	L	■	Y	E	T	I
O	R	A	■	E	S	T	A	S	■	M	E	N
G	I	L	T	■	H	U	M	P	B	A	C	K
■	■	D	A	D	■	P	E	R	U	■	■	■
S	T	E	R	E	O	■	L	Y	C	E	U	M
C	A	M	P	B	E	L	L	■	K	Y	L	E
O	R	E	O	■	U	S	A	■	L	E	N	T
W	O	R	N	■	F	U	R	■	E	R	A	S

Sudoku

	4		3					
1	2					6		5
		8		2				7
2		3		5	4			
	5						9	
			7	9		3		8
6				1		5		
9		1					2	3
					3		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	5	1	2	3	8	4	9	6
3	4	8	9	7	6	1	5	2
2	9	6	5	1	4	3	7	8
6	7	9	1	5	3	8	2	4
8	2	3	4	9	7	6	1	5
4	1	5	6	8	2	9	3	7
5	6	7	3	4	1	2	8	9
1	8	2	7	6	9	5	4	3
9	3	4	8	2	5	7	6	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

GreySaber, when the sky is dark and the world is cold, you are the light that warms my soul. **ANJELKA**
Calandra, we've been through some hard times recently but we have, can, and will make it through, I love you so much **JAMIE**
babaay, I can't even begin to tell you how happy you've made me. Even though it's only been 3 months feels like over 3 years... Your the only one that makes me so 'Karaazzy' .... Can't stop won't stop... **JKJ**
Bb, Im so glad the 3000 miles apart hasn't stopped us from being together for one year! I love you more than anything and I always will. **YOUR DARLING**
Love for my Pretty Ricky It's only been a few months now but since you've been a part of my life I've been so much happier & just like a happily ever after, I hope this lasts forever ..
ALL MY LOVE, LALA ;)

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 9° Max 21°	Min 11° Max 26°	Min 13° Max 27°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 Everyone knows you are smart — you don't have to prove it. You may feel the urge to show off a bit today but there is a danger you could go too far and end up looking silly.

♉ Taurus April 20-May 21 Mercury is well placed in your chart at the moment and good news of one sort or another is sure to come your way over the next 24 hours. Having said that, it might be wise not to take too much for granted.

♊ Gemini May 22-June 21 By all means reach out and help someone who is having a hard time but don't poke your nose into their business if they make it clear they don't want your assistance.

♋ Cancer June 22-July 22 Your mind is moving extra fast at the moment and you will solve in an instant problems that others just can't get to grips with. Use your intellectual superiority to impress important people.

♌ Leo July 23-Aug.23 By all means think big but don't assume that your plans will somehow be magically translated into the kind of rewards and applause that you crave. There are no short cuts.

♍ Virgo Aug. 24- Sept. 22 You have to make a choice regarding your future and with Mercury moving into your birth sign today there is no doubt at all that you will make the right one. You know what it is you most desire — so take it.

♎ Libra Sept. 23-Oct. 23 There is a fine line between saying what needs to be said and saying too much and you must watch out you don't stray over it today. Do you really need to voice your opinions about someone's inadequacies? Then don't.

♏ Scorpio Oct. 24-Nov. 22 You need to confide in someone you trust, someone who will tell you what you need to hear rather than what they think you want to hear.

♐ Sagittarius Nov. 23-Dec. 21 Important people are watching you closely, and not only watching but listening too. The way you act under pressure will tell them what they need to know about your suitability for promotion.

♑ Capricorn Dec. 22-Jan. 20 If you are going to make some kind of offer you must be sure that you can deliver. It's no good boasting that you can do this and do that if, when it comes to the crunch, you struggle. It makes you look bad.

♒ Aquarius Jan. 21-Feb. 18 When taking risks there is always the possibility that you will get it wrong. So long as you are aware of that fact, and prepared to deal with it if it happens, then go ahead and make your play.

♓ Pisces Feb. 19-March 20 You may know that someone has not been telling the whole truth about what they've been up to but don't make it an issue of it. **SALLY BROMPTON**

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Deals of the week

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Samana via Toronto

Bahia Samana Roulette • 4★

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$749
+Taxes & other fees
(including service charges): $327

Punta Cana via Toronto

Occidental Grand Punta Cana • 4★

All-Inclusive • Junior suite
Aug. 1–22 • 1 wk.

$799
+Taxes & other fees
(including service charges): $327

TURKS & CAICOS via Toronto

The Alexandra • 3 1/2★

Garden view deluxe studio
Aug. 7 & 8 • 1 wk.

$1079
+Taxes & other fees
(including service charges): $267

SAINT LUCIA via Toronto

Bay Garden Inn • 2 1/2★

Standard rm.
Aug. 7 & 8 • 1 wk.

$1179
+Taxes & other fees
(including service charges): $238

MEXICO

Puerto Vallarta/ Riviera Nayarit

Barceló Puerto Vallarta • 4★

All-Inclusive • Junior suite deluxe
Aug. 21 • 1 wk.

$789
+Taxes & other fees
(including service charges): $280

Dreams Villamagna Nuevo Vallarta • 4 1/2★

Unlimited-Luxury®
Junior suite tropical view with Jacuzzi
Aug. 7–21 • 1 wk.

PRIVILEGES
$1099
+Taxes & other fees
(including service charges): $280

Cancun/Riviera Maya

Gran Bahia Principe Coba • 5★

All-Inclusive
Junior suite
Dec. 12 • 1 wk.

$1179
+Taxes & other fees
(including service charges): $291

Gran Bahia Principe Tulum • 5★

All-Inclusive
Standard rm.
Dec. 12 • 1 wk.

$1199
+Taxes & other fees
(including service charges): $291

CUBA

Santa Clara

Meliá Las Dunas • 4★

All-Inclusive • Standard rm.
Aug. 7–21 • 1 wk.

$799
+Taxes & other fees
(including service charges): $228

Varadero

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm.
Aug. 8–22 • 1 wk.

$859
+Taxes & other fees
(including service charges): $228

JAMAICA via Toronto

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive • Standard rm.
Aug. 11, 12, 14, 15, 17–26, 28, 29 & 31
1 wk.

$1139
+Taxes & other fees
(including service charges): $326
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★

All-Inclusive • Junior suite
Aug. 11, 12, 14, 15, 17–26, 28, 29 & 31
1 wk.

PRIVILEGES
$1189
+Taxes & other fees
(including service charges): $326
Please add $50 for Sat. & Sun. departures

USA

HAWAII | Maui via Vancouver

Aston at the Maui Banyan • 3★
Hotel rm./standard - Value rate
Sept. 4, 11 & 18 • 1 wk.

$1249
+Taxes & other fees
(including service charges): $148

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